Our 2022 End Of Year

IMPACT REPORT

A message from our founder

WE DID IT!!! At the start of 2022, Journal to Dreams outlined their objectives for the next 12 months. The vision sought to impact the lives of women, children and families both in the UK and overseas by facilitating a number of workshops, 1-1 interventions, providing self help resources and fundraising events. We aimed to achieve this by creating bespoke workshops and tailored services to meet the needs of the community that we serve. Further, we endeavoured to collaborate with incredible organisations who shared the same vision of impacting the lives of others.

Our Partners

- City of Birmingham Schools (AP Taskforce)
- Birmingham Children's Trust
- Birmingham Youth Service
- The Lighthouse Young peoples Centre
- Ark St Albans Academy
- Resilience to Resolve
- Essence Youth Mentoring Service
- Girls Friendly Society
- Festival Of the Girl
- Simply Ladies Inc
- Connect Wakefield
- Dear Girls Ltd
- Switch Midlands
- Events Together Yorkshire
- Jen Lister Coaching

723

Impacting 723 women, children and young people during 2022.

15

Working with 15 partners over a 12 month period.

5

Travelling to 5 cities across the U.K to deliver our services

Journal to Dreams

Workshops Delivered in 2022

One of our main objectives was to impact more women, children and young people by facilitating a number of workshops both in person and online. We were successful in delivering workshops in Birmingham, London, Wakefield, Leeds and Manchester. By running online workshops we were able to connect and impact women as far as the United States America.

Workshops delivered

- Entrepreneurship and mindset
- Well-being workshops
- Black women in business workshop
- Anti-racism workshop
- Mental health and Family workshop
- Child sexual Exploitation and Child Criminal Exploitation
- Youth Violence
- Healthy relationships and consent
- Lets Talk: Mental health
- The 'Me first' Workshop
- Identity and a positive sense of self
- The Impact of social media

'Thank you to Pariss and her friends, You have made history' -Headteacher

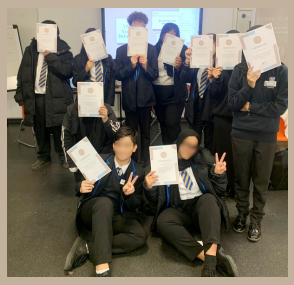
Book Campaign: GAMBIA

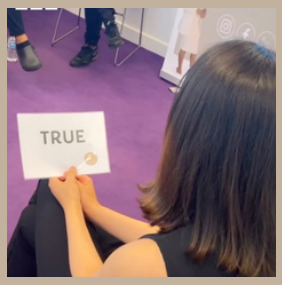
In July 2022, we launched a campaign called 'Book Campaign: Gambia'. We collaborated with the local community, schools and businesses to collect reading materials, stationary and sanitary products to donate to a school in The Gambia. Why? We understand that reading is one of the most important things we can do for our child's development. We also know that not all children have access to a diverse range of reading material. We wanted to change that. We love making an impact in the U.K but we also recognised the need for children overseas. Humanity isn't limited to one country. The barrel arrived safely in The Gambia on October 8th 2022.

Special thank you to our amazing community and partners!

WE LAUNCHED OUR 'ME FIRST' WORKSHOP

This year we had the pleasure of launching our 'Me First' workshop. Through working with children and young people, we observed a need for an intervention catered towards celebrating and uplifting children and young people through self-exploration and peer-led support. This workshop will be rolled out into colleges, youth provisions, schools and faith groups in the coming year. Please contact journaltodreams@hotmail.com for more information.





'This workshop has been life changing for our apprentices'

WORKSHOP REVIEWS

I have an amazing team of apprentices, and they were fortunate to participate in the "Me First" workshops. I use the word fortunate, as this workshop has been life changing for our apprentices. Pariss was able to give them a new perspective of their personal journeys, by empowering them to truly put themselves first, something I know many of them find difficult to do so. These sessions combined of professional care and expertise would not work without Pariss- her warm and down to earth approach allowed our apprentices to relax and engage to a level I am not sure that they even knew they would! Pariss knows just how make them all feel heard, even in group setting. The energy and positivity from the room after the sessions, showed just how much the sessions meant to them all.

-Dawn Crooks, Apprentice Co-ordination Manager (Birmingham Children's Trust)

BBC MAKE A DIFFERENCE

We received a 'Highly Commended' award at the BBC Make a Difference Awards for the work we have completed to impact the lives of others in our local community

'Highly Commended Service'

In June 2022 we were fortunate to have been shortlisted into the final four for the 'Together Award'. The together award is awarded to an individual or group of people who create real change by breaking down barriers and bringing together people from different walks of life for a common cause.

A HUGE THANK YOU TO OUR COMMUNITY

Thank you for those who took the time out to nominate Journal to Dreams. Thank you to our partners, clients, families and young people who continue to believe in us and all that we do.

WE COULDN'T HAVE DONE IT WITHOUT YOUR SUPPORT

Our first official year as a registered business would NOT have been possible without YOU! A special thank you to our partners, families, clients, businesses and community for continuing to sew seeds into our vision. 2023 the assignment is to impact more children, women and families.

Thank you to our community, partners, clients, young people, women and families.

Journaltodreams.com

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